

DINNERLY



Haloumi and Lentil Rice with Spinach and Currants



25 minutes



2 Servings

You can't go wrong with pan-fried haloumi, right? Here it's served on a tumble of Caribbean-spiced rice and lentils, with currants for a pop of sweetness and baby spinach bringing some green goodness to the mix.

WHAT WE SEND

- 1 red onion
- 180g haloumi ⁷
- 400g lentils
- 150g basmati rice
- 20g Caribbean seasoning ¹⁷
- 50g baby spinach leaves
- 20g dried currants

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 375ml (1½ cups) boiling water
- 2 tsp red wine vinegar ¹⁷

TOOLS

- medium deep frypan with lid
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 835kcal, Fat 37.1g, Carbs 89.5g, Proteins 35.7g



1. Prep ingredients

Thinly slice the **onion**. Crush or finely chop **2 garlic cloves**. Cut the **haloumi** into 1cm-thick slices. Drain and rinse the **lentils**.



2. Saute onion

Heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **onion** and **garlic**, stirring occasionally, for 3 mins or until softened. Add the **rice** and **1¼ tbs Caribbean seasoning** and cook, stirring, for 30 secs.



3. Cook rice

Add the **lentils** and **375ml (1½ cups) boiling water** to the pan and bring to the boil. Reduce the heat to medium, cover and cook for 8-10 mins until the liquid is almost absorbed. Stir in the **spinach** (see Make it yours), **currants** and **2 tsp red wine vinegar** until combined. Remove the pan from the heat and stand, covered, for 5 mins.



4. Pan-fry haloumi

Meanwhile, scatter the **remaining Caribbean seasoning** over the haloumi. Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook the **haloumi** for 1 min each side or until golden. Remove from the pan.



5. Serve up

Taste the **rice mixture**, then season with **salt and pepper**. Divide among plates, top with the **haloumi** and enjoy!



6. Make it yours

Serving this to someone who's not a fan of spinach? Instead of stirring it through the rice mixture, serve it separately as a salad. Dress with olive oil and vinegar or your favourite dressing.